

County of Moore
Department of Health
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Health Department Offers Flu and Pneumonia Vaccinations

The Moore County Health Department is now offering flu vaccinations to adults and children 3 years of age and over. Everyone over the age of 6 months is encouraged to be immunized. Pneumonia vaccinations are available for adults 65 years of age and older and also for anyone 2 through 64 years of age who has a long-term health problem such as heart disease, lung disease, sickle cell disease or diabetes.

A walk-in Flu and Pneumonia Vaccination Clinic will be held at the Health Department on Thursday, September 30 from 1:00pm to 4:00pm. You can also call the Health Department at 947-3300 if you would like to make an appointment to receive flu and pneumonia vaccinations. There will be a \$25 charge for the flu vaccine and a \$41 charge for the pneumonia vaccine unless you have Medicare or Medicaid. Please bring your social security number and Medicaid, Medicare and/or Medicare supplemental cards with you. Cash, personal checks, and credit card payments will also be accepted.

Seasonal flu is most deadly for very young children and senior citizens. However, the 2009 H1N1 flu disproportionately affected middle-age adults and young people. This year's seasonal flu vaccine includes protection against the H1N1 strain of the virus as well as two other anticipated flu strains. For most people, that means only one flu immunization is necessary. As usual, children under 9 years of age who haven't been vaccinated against the flu in the past will need two doses of flu vaccine.

In addition to vaccination, the Health Department encourages you to continue practicing health habits to protect yourself from flu viruses:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Stay home if you are sick. You should stay home for at least 24 hours after your fever is gone, except to get medical care or for other necessities. (Your fever should be gone without the use of fever-reducing medicine.)

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"To Protect and Promote Health through Prevention and Control of Disease and Injury."
<http://www.moorecountync.gov/health/>

Environmental Health
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